

KY SUICIDE STATISTICS

An average of 500 Kentucky citizens are lost to suicide each year. Kentucky loses twice as many citizens to suicide as to homicide.

Kentucky's suicide death rate is the 22nd highest in the nation.

Suicide is the 2nd leading cause of death for Kentuckians 15 to 34 years old.

Suicide is the 4th leading cause of death for 35 to 54 year olds.

73 percent of suicide deaths in Kentucky were caused by firearms.

2920 suicide attempts resulted in inpatient hospital admissions in Kentucky during 2003.

U.S. SUICIDE STATISTICS

Every 18 minutes, someone in this country dies as the result of suicide.

Approximately 30,000 people in the U.S. are known to kill themselves each year.

YOU CAN HELP

QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. It is an action plan that can result in lives saved. Please consider joining in the action plan to save lives in Kentucky. Call KSPPG for more information concerning QPR and other ways to help in suicide prevention.

502.564.7610

You can also visit the website at:

[http://mhmr.chs.ky.gov/
MH/suicideprev.asp](http://mhmr.chs.ky.gov/MH/suicideprev.asp)

**For immediate suicide
intervention, call
1-800-SUICIDE
There are crisis counselors
available 24 hours a day,
7 days a week.**

*Would You Give
An Hour
To Save A Life?*



*An average of
500
people in Kentucky complete
suicide each year*

Suicide is Permanent – but Suicide is *Preventable*

According to data gathered by the Department for Public Health, suicide was the 11th leading cause of death for all Kentuckians in 2001. Suicide is taking away our future, as it was the 2nd leading cause of death among Kentuckians ages 15 to 34 and the 4th leading cause of death for those 35 - 54 in that same year.

In 2002, the Division of Mental Health invited various community leaders to establish the **Kentucky Suicide Prevention Planning Group (KSPPG)**. A number of members of this group are ready to help you give an hour of your time to save a life.



QUESTION PERSUADE REFER

**BECOME A QPR GATEKEEPER AND
HELP REDUCE THE NUMBER OF
SUICIDES IN KENTUCKY**

**ASK A QUESTION AND
SAVE A LIFE**

WHAT IS QPR?

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour

**Call today to set up a QPR
presentation for your group or to
locate an upcoming presentation
near you. Presentations can be
adapted to your particular need,
including content and length.**

**KENTUCKY SUICIDE
PREVENTION PLANNING
GROUP**

502.564.7610

WHAT IS A GATEKEEPER?

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include neighbors, parents, friends, teachers, squad leaders, foremen, doctors, police officers, ministers, firefighters, advisors, nurses, caseworkers, office supervisors, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

As a QPR-trained Gatekeeper you will learn to:

- recognize the warning signs of suicide
- identify risk factors associated with suicide and suicide attempts
- know how to offer hope
- ask the question
- know how to get help